



# BLUE & GOLD TRIANGLE

LKS



FALL  
2012

*Lambda Kappa Sigma*

*"Promoting the Profession of Pharmacy Since 1913"*

## 2012 Award Winners!



Epsilon Collegiate and  
Alumni Chapters  
win the 2012  
Outstanding Chapter  
of the Year Awards

*We are so proud  
of you all.*



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## The Blue and Gold Triangle Of Lambda Kappa Sigma

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Lambda Kappa Sigma provides lifelong  
opportunities for women in pharmacy through  
professional achievements and personal growth.

Core Values  
In addition to the Code of Ethics, Lambda  
Kappa Sigma is guided by professionalism and  
the core values of Integrity, Sisterhood,  
Service, Leadership, Scholarship.

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**LKS Grand President**  
**Jenny Brandt**

I am honored to be taking the reins of Lambda Kappa Sigma at such a momentous time in our history, our Centennial anniversary. Over the next year, there will be lots of celebrations surrounding our history, and it won't just be at our Convention. Throughout the year, we will be honoring our founders and all who came before us. One of my primary goals will be to ensure that the Centennial will be something that no sister will ever forget, after all, it truly is a once in a lifetime event. Our Past Grand Presidents are already planning many of the aspects of the meeting next year. In addition, you'll be seeing updates to our website and publications reflecting the Centennial. We'll also be looking to our chapters to help compile their history. This is going to be a memorable event and I hope that you are as excited as I am.

However, with all of that being said, we cannot focus solely on our past. We have come a long way since the days of our founders, but we must continue to grow. I truly believe that our future is bright. At our recent Convention, we presented a strategic organizational plan that highlights our core values and sets goals that will ensure the continued evolution of the Fraternity. One of the major themes of the strategic organizational plan is improved communication, which is integral to the transparency that has enabled our sisters to take ownership for the direction and focus of the Fraternity. The Grand Council is here to serve you. I want each and every one of you to feel as though you can pick up the phone and call any other member of the Grand Council. We will

also strive to improve our communication to you by improving our website and other communication channels.

We have focused a lot in the past several years on the business of improving the Fraternity. However, we cannot forget about sisterhood. After all, sisterhood is one of our core values and it is what makes this organization unique. If you ask any sister why they joined LKS, friendship, a sense of belonging, and a support structure, all elements of sisterhood, usually come to the top of the list. Unfortunately though, it is sometimes easy to forget that this is something that does not always come easily. Just as in any relationship, every party must put forth an effort. This means that even though it may be easier to think of ourselves and how something might affect us, we must consider how our actions and decisions affect the others in the group and the group as a whole. Additionally, we must learn that every person is entitled to their opinion and whether we agree with it or not, encourage them to voice that opinion. Dissension is not a weakness, it is a strength, as a harder fought decision is often better in the long run. Lastly, we must remember to work to communicate in a way that is positive, but understand that in a group of passionate people, communication is not always perfect. We must learn to not take disagreements personally, as opinions can be closely tied to emotion. Getting angry because of how something was said is wasted energy. Focus instead on the meaning behind the words as that will often reveal the underlying intentions. Each one of us must remember that and ensure that sisterhood is foremost in all of our actions. If we all work toward this goal as a group, we will all be better people and a better organization because of it. As a Grand Council, we will be looking for ways to facilitate this, not just at our meetings but year round.

I challenge each and every one of you to get involved. This is your Fraternity. Together, we will make sure that we chart the course for the future without forgetting our past.

**Jenny Brandt, Grand President**

## Update on the Educational Trust by Nancy Horst

The Trust Liaison Committee met during Convention in San Diego. Nancy Horst was elected Chair for the next two years. Eight \$1000 grants will be awarded from this fall's applications, including a new grant, the Marilyn and Joe E. Haberle Grant, which honors Marilyn, Past Grand President and long time member of the Trust Liaison Committee, and her husband, Joe, Patron, professor of pharmacy, chapter advisor and supporter of all Lambda Kappa Sigma endeavors. The criteria for the Haberle Grant include demonstration of the student's professional dedication, academic excellence and Fraternity spirit. The Craven, Livingston, Wells, Lowe and Cole grants will be given as well. The Educational Grants Committee will be

reviewing the applications and selecting the recipients during November and December.

During Convention, the auctions and Memorials and Celebrations raised \$7200. Now the annual fall appeal letter has been sent out. The grants help our collegiates to fund their professional education, and they will become dedicated pharmacists and leaders in health care and in LKS. Many generous gifts are needed each year to make the awarding of the grants possible and to keep the Trust principal growing.

You can designate your gift to the general fund, a specific grant or chapter fund, or split the amount to more than one option. If you did not receive a letter, and would like to

make a gift to the Trust, a convenient new payment option is available so that you can donate to the Trust on the LKS website (LKS.org) using your credit card. You will get an electronic acknowledgement and receipt immediately. You can also send a check to the International Office. As always, Trust contributions are tax deductible.

The Trust Liaison Committee members, the Grand Council and the grant recipients are very grateful to all who have loyally donated in the past. We invite you to make a gift this year, large or small, to continue the purpose of the Educational Trust. Please consider the Trust one of your "charities of choice". Thank you so much for your new or continued support of the LKS Educational Trust.

### A special thank you to the LKS Educational Trust Donors: For the Period July 1, 2011 through June 30, 2012

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Alpha Alpha  
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Alpha Chi  
Alpha Eta  
Alpha Iota  
Alpha Lambda  
Alpha Mu  
Alpha Nu  
Alpha Omicron  
Alpha Phi  
Alpha Pi  
Alpha Sigma  
Alpha Xi  
Alpha Zeta  
Chi  
Delta  
Epsilon  
Nu  
Omicron  
Pi  
Tau  
Xi



## My First Time at Convention

by Czarina Navarro, Alpha Chapter

This past summer, I had the privilege of going to my first Lambda Kappa Sigma Convention from July 25th-28th which was hosted by Lambda Chapter at the Town and Country Resort in the beautiful city of San Diego! Convention was everything I hoped it would be and more. We worked hard and played hard, from working in business sessions on decisions that would affect the future of Lambda Kappa Sigma to participating in friendly competition during the "Lamb Games". What impacted me most about Convention was realizing the true meaning of being a "Lamb for Life". For me, it was being able to meet members from all different walks of life who shared the special bond of sisterhood that we're all so passionate about and dedicated to.

"Charting Our Course" was the theme at this year's Annual Lambda Kappa Sigma Convention! Appropriately themed as we head into our 100th anniversary, this year's meeting was a great success! On Day 1, registration began at 10am, where Convention attendees received LKS custom designed tote bags filled with the essentials for Convention and goodies for having "fun in the sun", such as custom LKS blue and gold sunglasses, the meeting program, event registration information and a lot of our favorite snacks! The Welcome Reception had an atmosphere of excitement, fun, and was also beautifully decorated. It was great way to kick off Convention! The President's Summit was held later that evening where the presidents of all collegiate chapters met with LKS Grand President Sharon Brown and the other members of the Grand Council. After the President's Summit, we got to unwind a little bit during the pool party held at the hotel.



On Day 2, Diane Ginsburg, Assistant Dean for Student Affairs at the University of Texas, Austin, College of Pharmacy, and ASHP Past President, delivered the keynote address, "No Ordinary Time, The Transformation of Pharmacy Practice". Following the keynote address, collegiate members were taught to "create our own brand" at a professional development program by Jill Jordan: "Message In A Bottle". The fun and enthusiastic speaker Jill said that our authentic brand is image and essence and that your brand is the picture others receive of you. Jill gave advice to write your goals down, with a date of when you want to achieve them. She said to always think about what makes you different from the rest and to stamp your personal brand. Following Jill's energetic presentation was the Collegiate Poster Presentation during lunch where the shining moments of each chapter were celebrated and displayed. While looking at all the post-

ers, I had deep admiration for those who really took to heart what all of the LKS values meant. It impacted me in the sense that it was amazing to see how these chapters embodied sisterhood, leadership, integrity, scholarship and service during the year among their communities and schools.



Alpha Iota received a Chrysanthemum Award for recruitment

After lunch was a collegiate workshop conducted by Grand Vice President for Collegiates, Elicia Fauvel, where she went over with chapters how to create a budget, manage our finances, how to have effective officer transitions, what to address at semester retreats, and how to improve membership and alumni retention. The first business meeting was shortly after, where reports were given from Grand Council & Standing Committees and also chapter reports were given by the collegiate and alumni chapters. Bylaw changes were also presented. The Blue and Gold Dinner was a special event that night that I was so happy to be a part of. It was during this time that I got to bond with other chapters and also have some fun: participating in the "Lamb Games". The "Lamb Games" was a hunt for knowledge where every stop presented a core value and how LKS history played



## Convention (continued)

into each value. The Blue and Gold entertainment following the "Lamb Games" made the room laugh as each team that participated had to act out the core value they had using the facts and history that they learned at each stop!



**2012-2014 Regional Supervisors**

On Day 3, the collegiate participated in the Risk Management workshop by Marc Mores, where he informed us about the ripple/domino effect and how a small amount of hazing could turn into a large amount of hazing years from now. He gave examples and showed videos of heart wrenching, terrible accounts of fraternity members from around the country whose irresponsible alcohol abuse led to fatal consequences. Following the Risk Management workshop was



**2012-2014 Grand Council**

a continuing education program on leadership entitled "Navigating the Waters: Tales from the Open Seas", conducted by Carol Stutrud, RPH, FAPhA. Carol emphasized the differences between a leader, a boss and a mentor. She said that a leader is someone who actually shows you how and is also someone who "gets their hands dirty", a boss tells you what to do, and a mentor is a good role model, gives honest advice, admits mistakes and is a lifelong learner.

It was during this CE on leadership and mentors where I had the chance to talk to alumni who had once been in my shoes as a young collegiate. As a student, whose pharmacy path is still in the making, it was reassuring to be around sisters who had so much passion for the field and whose leadership roles had stemmed from joining the Fraternity. More specifically, it was my conversation with Chris Grass during the workshop that impacted me most. She had said that it was her decision to join Lambda Kappa Sigma that served as the stepping-stone to the successful career that she enjoys now. To learn from other collegiate sisters as well as alumni who have different leadership styles and stories of success was also a great opportunity.

The Awards Luncheon was at noon where the 2012 LKS Merck Vanguard Leadership Award was presented to Ruth Brown, the 2012 Distinguished Service Citation was presented to Dixie Leikach, the 2012 Distinguished Young Pharmacist Award was presented to Tiffany Self and the 2012 Award of Merit was presented to Mary Gear. Business session 2 ensued soon after, where bylaw amendments concerning the following were presented and voted on: changing the mission statement, number of members of Grand Council on the Nomination Committee and the lowering of initiation fees. Later that



**2012  
Award of Merit  
Mary Gear**



**2012  
Distinguished  
Service Citation  
Dixie Leikach**



**2012  
Young  
Pharmacist  
of the Year  
Tiffany Self**



**2012  
Vanguard  
Leadership  
Award  
Ruth Brown**





## My First Convention...continued



**LKS T-shirt quilt presented to retiring Grand President Sharon Brown**

night, we had the opportunity to have a night out on the town to eat dinner and shop at San Diego's Gaslamp Quarter District!

On Day 4, we all spent the beautiful morning participating at HOPE WaLKS. Our walk consisted of beautiful areas around the hotel and great sights of San Diego in the distance. At noontime, the Trust Lunch and Auction followed, where it was noted that 380 grants had been awarded since the start of the Educational Trust. Gloria Bernstein initiated fund raising for a scholarship for Lambda Chapter in Kathy Johnson's name. The auc-

tion was a successful one where over \$3,500 was raised and \$2,000 in memorials and celebrations.

Finally, at the Banquet, it was great to celebrate the growth and accomplishments of other chapters as well my own. Striving for excellence was a commonality between every Lamb that was at Convention. The

Chrysanthemum Award was given to Alpha, Delta, Eta, Lambda, Nu, Xi, Omicron, Pi, Phi, Tau, Alpha Alpha, Alpha Mu, Alpha Kappa, Alpha Omicron, Alpha Xi, Epsilon, Alpha Theta, Alpha Zeta, Alpha Nu, Alpha Eta, Alpha Chi, Alpha Iota, Alpha Lambda, Alpha Pi, Alpha Phi. The Outstanding Chapter of the Year was Epsilon Chapter and the Alumni Chapter of the Year was Epsilon as well!

Never have I been prouder to be part of an organization that prides itself on the accomplishments of each other, the profession of pharmacy and

our core values. It was incredible to think that the women that I was surrounded by, whose accomplishments have truly advanced the profession of pharmacy among women, have helped shape pharmacy as it is today. While going into our 100th year, it was a great experience to be part of those decisions that are shaping our future but at the same time respecting our past. Sisterhood was at its finest this year in San Diego and will be a great memory that I will never forget. I look forward to celebrating our 100 years with you all, see you in Boston for Centennial!



**Grand President transition**



# History of Lambda Kappa Sigma 1936-1940



## Adapted From The Golden History Book

By 1936 there were already about 700 members in Lambda Kappa Sigma, when the 6th Biennial Convention convened in Spokane, Washington from June 25-29. Norma Wells presided. There were only 36 members in attendance and in order to assure better chapter representation, the Convention Delegates Fund was started. Each chapter would contribute in equal amounts toward this fund and in return the transportation of one delegate would be paid to and from the national convention. It was also decided that a sure way to get members to buy the official badge of the sorority was to include the price of the pin with the initiation fee. The need for a Sign and Password was indicated and Cora Craven was selected to serve as the chairman of the committee to decide upon one. Alumnae chapter names were found to be in conflict with the usual form of names for such chapters. Hence Alumnae chapters would now carry the name of the collegiate chapter with the designation "Alumnae" after it. At this convention, the outgoing Grand President, Norma Wells, presented to the incoming Grand President, Cora Craven, a California redwood gavel, with the sorority crest, which is being passed down to successive Grand Presidents. The requirements for honorary membership were reviewed and it was decided to change the ruling so that only outstanding women in pharmacy, allied or related sciences could receive this recognition. A new national membership card was introduced. An assistant editor was appointed to help the Editor in preparing material for the Triangle.

The Grand Council elected to serve for the biennium 1936-1938 was:

|                            |                                  |
|----------------------------|----------------------------------|
| <b>Grand President</b>     | <b>Cora Craven (Alpha)</b>       |
| <b>1st Vice President</b>  | <b>Mary Hoey Gilbert (Alpha)</b> |
| <b>2nd Vice President</b>  | <b>Ruth Kent (Theta)</b>         |
| <b>3rd Vice President</b>  | <b>Monica Perfield (Rho)</b>     |
| <b>4th Vice President</b>  | <b>Virginia Osol (Eta)</b>       |
| <b>Grand Secretary</b>     | <b>Belle Wenz Dirstine (Mu)</b>  |
| <b>Grand Treasurer</b>     | <b>Josephine Cusick (Alpha)</b>  |
| <b>Grand Auditor</b>       | <b>Jennie Thompson (Alpha)</b>   |
| <b>Grand Editor</b>        | <b>Barbara Hynes Collins</b>     |
| <b>(Gamma)</b>             |                                  |
| <b>Member at large 2yr</b> | <b>Norma Wells (Zeta)</b>        |
| <b>Member at large 4yr</b> | <b>Pauline Prenzel (Eta)</b>     |

On June 5, 1938 Phi Chapter at the Indianapolis College of Pharmacy was chartered. Charter members were President, Lois Teeter; Vice President, Ruth Knierim; Secretary, Florence Taylor; Treasurer, Aimee Teeter; Adele Lobraico, Mrs E H Niles, Jane Smith, Anita Battista, Lucille Kuhn, Hazel Abdon and Roselene Freiji. They got into full swing almost immediately by sending a delegate to their first convention which was three weeks later in Boston.

During the 1938-1940 Biennium the 25th Anniversary of Lambda Kappa Sigma's founding was celebrated. The Alpha Chapters hosted the convention and Grand President Cora Craven presided. There were now twenty collegiate chapters as compared with 11 at the first convention in 1926. The alumnae chapters had increased from 2 to 5. The members increased from 537 in 1926 to 1108 in 1938. During this interim of 12 years between the first and the seventh biennial convention, the growth of the sorority had practically doubled, both in number of chapters and in its membership.

Ethel J. Heath, the founder, was present and was presented with a beautiful onyx desk set. The charter members present were given gifts of candlesticks. Willette McKeever Cheever, one of the charter members, and a renowned dancing teacher, presented her pupils in a dance recital as part of the entertainment during the convention week. At the final banquet each guest had at her place a beautiful set of bronze bookends, in the shape of an old fashioned mortar and pestle, a lasting and beautiful keepsake. At the close of the dinner, the lights were turned out and the waiters entered in stately file with dessert to the tune of "Happy Birthday". A quarter of a century of LKS achievement! On the social side, there was much sight-seeing. A trip to Concord and Lexington was included. The members were also taken by bus to see Plymouth Rock and Salem, also a trip to Hartwell Farms for a Boston Baked Bean Dinner where a souvenir bean pot was given. Also included was a Shore Dinner in the Adams House in Marblehead and a visit to Potter Drug Company.

The Grand Council elected to serve for the biennium 1938-1940 was:

|                            |                                      |
|----------------------------|--------------------------------------|
| <b>Grand President</b>     | <b>Cora Craven (Alpha)</b>           |
| <b>1st Vice President</b>  | <b>Ida Busch (Sigma)</b>             |
| <b>2nd Vice President</b>  | <b>Julia Pishalski (Omicron)</b>     |
| <b>3rd Vice President</b>  | <b>Elvira Silveira (Zeta)</b>        |
| <b>4th Vice President</b>  | <b>Caroline Galassi (Alpha)</b>      |
| <b>Grand Secretary</b>     | <b>Belle Dirstine (Mu)</b>           |
| <b>Grand Treasurer</b>     | <b>Imogene Geisler (Rho)</b>         |
| <b>Grand Auditor</b>       | <b>Bessie Burda (Gamma)</b>          |
| <b>Grand Editor</b>        | <b>Barbara Hynes Collins (Gamma)</b> |
| <b>Member at large 2yr</b> | <b>Doris Carmody (Nu)</b>            |
| <b>Member at large 4yr</b> | <b>Pauline Prenzel (Eta)</b>         |

LKS was the first sorority for women in pharmacy to be admitted into the Professional Panhellenic Association. Since LKS joined PPA in 1938 it was only natural to send their Grand President, Cora Craven, to the PPA convention and she was elected to the Executive Committee as a Member at Large for the 1939-1941 term.

There was one alumnae chapter added during this biennium; Sigma Alumnae Chapter was chartered on June 10, 1940. President, Doris Pokorny; Vice President, Gertrude Collier; Secretary, Charlotte Samuels and Treasurer, Kate Fromm.



## DIABETES MELLITUS: 2012-2014 Women's Health Issue

by Marissa Salvo, PharmD, Alpha Beta Alumni

Welcome to the new Biennium! Over the next 2 years, the Women's Health Issues Committee will be spreading awareness and educating members on diabetes mellitus.

First, it is important to understand diabetes' prevalence and its impact on public health. In 2010, over 25 million individuals, nearly 8.3% of the U.S. population, had diabetes. While 1.9 million adults were newly diagnosed, another 7 million were undiagnosed. The largest number of adults living with diabetes is over the age of 65; nearly 27% of the older adult population is affected.<sup>1</sup>

The prevalence of diabetes varies among racial/ethnic groups, with over 18% of non-Hispanic blacks living with diabetes. Additionally, this group has a 77% greater risk of a diabetes diagnosis compared with non-Hispanic whites. Hispanics are also at a 66%

greater risk for a diagnosis of diabetes.<sup>1</sup> Furthermore, recent estimates show that as many as 1 in 3 Americans will have diabetes by 2050 unless measures are taken to modify and reduce risks.

Elevated blood glucose and the presence of diabetes, is associated with microvascular and macrovascular complications including but not limited to retinopathy, neuropathy, nephropathy, and cardiovascular disease. Diabetes is the leading cause of end-stage renal disease and blindness and is the seventh leading cause of death.<sup>1</sup> Therefore, there is an economic burden associated with diabetes. Combined direct and indirect costs, in the U.S., is estimated at \$174 billion/year.<sup>1</sup>

While many individuals recognize the two types of diabetes mellitus, type 1 and type 2, some do not recognize

the risks associated with gestational diabetes, a form of diabetes that occurs in some pregnant women, and pre-diabetes, an increase in blood glucose from normal which is present prior to the diagnosis of diabetes. In upcoming articles, the committee will discuss the types of diabetes, risk factors, treatments, and management options.

November is American Diabetes Month. I encourage you learn more about diabetes and spread awareness, not only during the month, but also throughout the year. More information can be found on the American Diabetes Association's website ([www.diabetes.org](http://www.diabetes.org)).

<sup>1</sup>National diabetes fact sheet: national estimates and general information on diabetes and pre-diabetes in the United States. <http://www.cdc.gov/diabetes/pubs/factsheet11.htm> (accessed 2012 Oct 8).

## COLLEGIATE CHAPTER NEWS

### ALPHA



The Alpha Chapter sisters from Massachusetts College of Pharmacy and Health Sciences have had an eventful summer and fall so far. This past February we welcomed twelve new sisters into our chapter, all who have proven to be very enthusiastic about forming bonds with older sisters, learning the Fraternity's history, and participating in planning for Centennial. Not long after welcoming in these new sisters, LKS won Fraternity of the Year during MCPHS's Greek Week Competition in March. Capturing the win against three other professional fraternities on campus was definitely the best start to spring we could have asked for! As the academic year came to a close, we held our annual final banquet at the Hyatt, where we all said our goodbyes to graduating sisters, met with Alumni, handed out awards, and of course ate delicious food!

The Alpha Lambs also had a blast at Convention in July in San Diego. Twenty-eight sisters represented Alpha Chapter this year! We were all so grateful to meet sisters from other chapters, from who we gained insight into how to improve our own chapter. With the upcoming Centennial being held in Boston

next year, the Alpha sisters spent their summer fundraising. Instead of a typical fundraiser that involves selling T-shirts or cookies, we volunteered at Patriot football games and the Country Fest concert held at Gillette stadium. We will continue to participate in this fundraiser through the end of December. Approximately every two weeks, fourteen sisters make a trip to the stadium to volunteer in the concession stands. Even though these days have proven to be long and exhausting, they have facilitated team building and have really shown us all how well we can work together! The chapter's alumni have also helped out with this fundraiser, so we would like to give a big thanks to them as well! The Gillette Fundraiser has been an enormous success because of the all the effort and dedication our Lambs have displayed. We are hoping that we raise at least six thousands dollars for Centennial upon completion of this fundraiser. Other fundraisers we have executed so far this semester include our annual Yankee Candle Fundraiser and a lab goggle sale done during Welcome Week at MCPHS.

We started off our recruitment process this year in September at our college's annual Activities Fair, where we hosted a ring toss game and raffle for Boston Red Sox Tickets. Over seventy girls showed interest in the Fraternity, and many potential new members attended our backyard BBQ event held the following weekend. In honor of Founder's Day, the chapter held a ceremony on October 10th in our White Hall auditorium. This event was a great success, as we were fortunate enough to have alumni member Alessandra Cornelio as our guest speaker. Other upcoming events this semester that we are looking forward to include: our annual winter formal and our professional Breast Cancer Awareness event. We are calling this our "Think Pink Event", as we will all be wearing pink to

show our support for breast cancer awareness! This event is open to the entire school, including PNM's, and we will provide the attendees with information on breast cancer while they enjoy free Pinkberry frozen yogurt!

With the rest of the year ahead of us, we will continue to be busy Lambs, as the upcoming year marks the Fraternity's 100th anniversary. Keep posted for upcoming news regarding Centennial, and most importantly have a wonderful Holiday Season!

### DELTA



The Delta Chapter of the University of Pittsburgh has had an amazing summer of travel, and is now looking forward to a busy and fun-filled fall semester. Four Delta Chapter sisters attended the national convention, and brought back many ideas to the chapter.

During the first week of school, the Delta Chapter helped to co-host a back to school picnic, in which the sisters were able to meet the new pharmacy school students. The sisters of LKS hosted their annual "White Coat Toilet Paper Challenge" at this event, in which students teamed up to create a white coat out of toilet paper for a classmate. Along with this event, the sisters were also able to spend time with the potential new members of LKS at 3 recruitment events. These included a pizza luncheon, ice cream social, and a barbecue with the brothers of Phi Delta Chi Fraternity. This year, the Delta Chapter is proud to announce that they will be welcoming 27 new members! The new members



# COLLEGIATE CHAPTER NEWS Continued



will have ample opportunity to spend with their future sisters, such as at the annual scavenger hunt, in which teams of 5 sisters will travel around the city of Pittsburgh in search of clues and items to bring back to the pharmacy school.

The Delta Chapter has already been working hard in terms of service, with two bake sales already taking place, as well as a "New-Member potluck lunch," in which each new member contributed a baked dish to a buffet for pharmacy students to enjoy. The proceeds from all of these events went to Project HOPE. Additionally, the Delta Chapter volunteered to help the Pittsburgh Chapter of the National Ovarian Cancer Coalition on the Ovarian Cancer Day of Silence. The sisters took a picture with teal duct tape across their mouths (shown above), for NOCC to use to show that groups are passionate about raising awareness for ovarian cancer. Sisters will attend various events this semester for service, including the Ronald McDonald House at Children's Hospital and various Family Houses within the Pittsburgh area. The sisters will also be participating with an "Angel Tree," in which each sister will pick a cut-out angel off of a Christmas tree that has a child's name on it, as well as their interests. The sisters will go out and buy toys, so that each child will be sure to have presents this holiday. Lastly, this year, the Delta Chapter decided to "adopt a street" in Pittsburgh this year, and will be responsible for keeping the street clean by means of girls volunteering each month!

The ladies of the Delta Chapter have many professional projects in the works as well. The Dean's Theme at the University of Pittsburgh School of Pharmacy this year is "Operation Inspiration," which focuses on respiratory health. Delta Chapter members will be tabling around campus for smoking cessation tips and counseling, and also for Diabetes Awareness.

The sisters of the Delta Chapter are also very involved in fundraising this year. Three fundraisers will be done this fall, including the annual Landmark events, in which sisters volunteer at Steelers games, selling Sheetz coupon books, and selling Otis Spunkmeyer Cookie Tins. Lastly, the sisters will continue their annual clothing and white coat sale, in which they sell extra personalized white coats and Pitt School of Pharmacy gear! As you can see, the Lambs of the Delta Chapter have already had a very busy fall! We are looking forward to the rest of the semester with our 27 new members, and would like to extend happy holiday wishes to all!

## EPSILON



Greetings from Epsilon Chapter! The Epsilon sisters have had an exciting summer. Four of our members attended the Convention in San Diego this summer and they found it rewarding to meet and exchange ideas with members of other chapters. We were honored to be chosen as Chapter of the Year and we congratulate our Epsilon alumni chapter for earning Alumni Chapter of the Year as well! We ended the summer with a celebratory dinner with local alumni and advisors.

Our chapter has been quite busy this semester. We have placed a strong emphasis on our role of promoting professionalism. One of our efforts has been to join forces with Rho Chi, AZO, and KY to tutor first year students before

challenging exams. These review sessions have been well received and we hope they will promote academic excellence in our prospective pharmacists. Later in the semester, we will host a CV/resume workshop and an Internship Forum to help students prepare for their future endeavors. We also co-sponsored a Health Disparities Forum with the Student National Pharmaceutical Association (SNPhA) and our DC Student Pharmacists Association.

Now in its second year, our Lunch with Lambs program has continued with great success. It is an opportunity for a small group of students to have an intimate brown-bag lunch with a faculty member. During this lunch, they discuss their experiences and answer students' questions about school, the profession, and give advice. We are a dual-campus school and are able to invite a faculty member to a lunch at each campus every month. There has been great interest and students are finding the sessions quite enriching.

Epsilon members have had a busy recruiting season, concluding with a Lamb Roast at a location in between the two campuses. We welcome 11 potential new members, who are divided across the Shady Grove and Baltimore campuses. One of our goals was to increase membership more evenly across both campuses, and we are pleased to be fulfilling this.

Epsilon LKS has just participated in a Light the Night Walk in Rockville, to support the Lymphoma and Leukemia Society. It was a brisk autumn night with a sea of lit balloons, and it was inspirational to be walking alongside the loved ones and the survivors of these cancers. Later this month, we will be joining APHA-ASP and the DC Student Pharmacists Association in a Step Out for Diabetes walk/fundraiser. This is our kickoff in support of diabetes awareness, prevention, management, and research. Additionally, we are looking forward to doing an inter-fraternal service event with all of the organizations from our school; this would be a good opportunity to get to know and appreciate students outside of their own organization/fraternity and work side by side to provide community service. We are presently in the planning stage.

And what would the semester be without fundraising? We started off this year with badge reel and calculator sales. We will be having bake sales as well, and our potential new members' team-building exercise will consist of them managing our first one for Halloween. Our Yankee Candle fundraising sale has just started. It is usually a popular sale and we hope that it will be fruitful again this year.

Finally, we are trying to stay connected with LKS alumni. We have created a new alumni outreach committee. The chapter is inviting alumni and P4s to our GBMs to tell us about their experiences and discuss pharmacy issues. It looks to be a promising venture for both the students and alumni.

## LAMBDA



Greetings from the Lambda Chapter at the University of Southern California! This past July we had the opportunity to host and bring the LKS Annual Convention to sunny San Diego.

We were excited to be able to meet and connect with fellow Lambs across the continent. We hope you had a fantastic time and thank you all for coming! Additionally, the women and children of Good Shepherd Center extend their gratitude for the generous donations provided.

We kicked off the new school year with a beach bonfire social, barbecuing hot dogs and burgers while watching an amazing sunset. We also went on a 2 mile hike in the nearby mountains leading to the beautiful Sturtevant Falls where we enjoyed the scenery and fresh nature air. In November, we will be having an ice skating social at a local rink. We will also be having a joint frozen yogurt social and fundraising event where we will get a portion of the proceeds while mingling with fellow Lambs.

Every year, our chapter is committed to providing Osteoporosis Screenings and Education at health fairs to the underserved populations in the greater Los Angeles area. We educate women on their risk factors for developing osteoporosis, interpret their bone ultrasound screening test results, and provide valuable counseling information on calcium, vitamin D, and ways to improve bone health. In addition, our other professional programming this semester include a Residency Workshop, Board Specialties Workshop featuring pharmacists in nutrition, nuclear pharmacy, psychiatry, ambulatory care, and oncology, and Alumni Dinners where our members can meet with Lambda alumni in a more informal setting. We look forward to the rest of the semester filled with exciting events and wish you all the best!

## NU



Greetings from Nu Chapter! Here at Drake University we are on our way to great semester. We held our first annual chapter retreat at the start of the school year. It was a great way to reconnect with Lambs that we were unable to see over the summer and to get much needed business out of the way, so that chapter meetings could be more fun. We also had a back to school BBQ as a sisterhood event to continue to catch up and enjoy each other's company. We are really excited with the addition of seven new members after our fall recruitment. Our recruitment events were fun and well attended. We made ice cream sundaes, played bingo based on fun facts about the current members, had great conversations, and of course great food.

This fall we will be participating in Susan G. Komen's Race for the Cure event to help raise money to find a cure for breast cancer. We have and will continue to participate in Up Till Dawn, which is an event on campus put on by another professional pharmacy fraternity to raise money for St. Jude's Children's Hospital. We have many things in the works for fundraisers for Project HOPE and have begun fundraising for our big HOPE WaLKS event this spring. We are also doing general fundraisers for our chapter by selling Younker's coupon books, scrubs for our experiential hours, concession stands, cleaning up after hockey games, and much more to come as the semester progresses.

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We have organized several sisterhood events this semester already. We have attended work-out classes, ice cream parlors, and Drake athletic events together. We will be going to the annual Corn Maze event in honor of the fall season and will be jumping around at a place called Sky Zone. We will be having many speakers throughout the semester, but our first one is focused on diabetes for Founders Day since that is the focus of Lambda Kappa Sigma this year.

As you can see we are off to a busy start to the semester and are excited to continue to grow as a professional chapter and get to know our new Lambs. Nu chapter hopes that all chapters are off to the same exciting start that we are and we are looking forward to hearing about all the amazing things that Lambda Kappa Sigma is doing this semester. Best of luck to all chapters.

## XI



Hello from the Lambs of Xi Chapter at the University of Rhode Island! We started off with our first executive committee retreat - an idea that was inspired by other chapters at Convention - held before classes started. We had a lot of sister bonding and were able to map out a lot of short-term and long-term goals for the year!

There have been lots of changes, including our gorgeous new pharmacy building that has helped facilitate many of our events. This picture is actually of our sisters and 62 potential new members participating in a Big/Little Speed Dating in one of our new lecture halls! All of the thrills within the College of Pharmacy here at URI have created such a promising start to our semester.

Fundraising Committee has already begun the process of our Annual Yankee Candle Fundraiser, which is one of the biggest fundraisers that we do. In addition to the kickoff for Yankee Candle, the committee members also pulled together a bake sale for Project HOPE, in the foyer of the new pharmacy building. The bake sale was a huge success, generating about four times the amount of our usual profit!

Our Community Service Members have been hard at work putting together our chapter team and t-shirts for the Breast Cancer Walk this year. Additionally, they have collaborated with Welcome House (a homeless shelter) in which sisters cook a meal each month for those in need. The Community Service committee is also in the process of organizing a trip to Hasbro Children's Hospital with another professional fraternity, Kappa Psi.

The Professional Committee has been hard at work educating others on their "Topics of the Month" with information booths stationed around campus to educate other students on serious health topics. This month we look forward to October's Breast Cancer Awareness Booth! They helped to make sure the PNMs know and understand professional dress in our "What Not to Wear" Fashion Show. In the upcoming months they are also putting together a "Rotation Roundtable," which will give sisters the opportunity to learn more about the different rotation opportunities from some P4 students.

As you can see, this semester has been all about working hard and making a difference here at URI. Speaking of making a difference, this year we have had a huge group of potential new members interested in joining! They have worked hard to show their dedication and commitment to LKS by attending all of the sister events thus far; from Brickley's Ice Cream, to the Pasta Party, to setting up Sister Dates with older sisters. We are so happy to see so much interest and enthusiasm from our potential new members as it further inspires everyone to work hard within our chapter!

The sisters here in Xi chapter will continue to put their best foot forward this semester and have many more bonding events to strengthen our sense of sisterhood. We are planning for a wonderful, fun filled and educational year and hope the same for the other chapters of Lambda Kappa Sigma!

## OMICRON



Greetings from the Omicron Chapter at Wayne State University! Our chapter stayed busy during the summer with picnics, BBQ's with potential new members, a breakfast bake sale, dinners at local Detroit restaurants, and a local health fair with Kappa Psi. Also ten of our members attended the Annual Convention in San Diego, CA, and had a wonderful time meeting with fellow sisters from other chapters.

We have had an excellent recruitment process this fall. In early September we hosted a recruitment lunch with 13 potential new members. We are thrilled to welcome new Lambs from the P1, P3 and P4 classes, which will all make fantastic additions to our sisterhood! Our new Lambs are currently in the Orientation period and responsible for collecting and delivering Halloween baskets to Children's Hospital of Michigan. This activity allows them to understand the core values of LKS, including leadership, sisterhood and community service. A Sunrise Ceremony will be held in late October and the Initiation Ceremony is November 9th. We can't wait to initiate the new Lambs into our chapter and expand the sisterhood!

We have organized several social events already this semester, including monthly dinner outings at new restaurants, and a Tiger's game. Upcoming social events include bowling night, game night in Canada, and Noel Night in Downtown Detroit. This year monthly Professionalism seminars were added, featuring a different topic each month. October's Professional Seminar topic is Life Balance and Wellness, while November's Professional Seminar focuses on interviewing skills featuring a Clinical Pharmacist. October kicked off many fundraising events, including a Yankee Candle sale and a bake sale. A Pink and Teal Bake sale was held in early October, with proceeds going toward both the Susan G. Komen Foundation and Ovarian Cancer Research Fund. Additionally, we are continuing to make and sell decorated name badge reels, which has been a huge success! For community service, we are volunteering at a local food bank in Detroit and making Christmas boxes for children overseas. We give our best wishes to other chapters and hope everyone has a great semester!

## PI



Greetings from Pi Chapter! Our chapter is glad to come back to the start of the new school year. We started the semester with interactive recruitment events such as Information Session Meet and Greet, Mocktails and Games, Speed Dating with the Sisters. In September, we had a Mary Kay consultant teach us basics of skin care and some ways that we can keep ourselves looking energized.

Our main Professional Event this semester is Rotations Roundtables where we invite the sixth years to share their experiences on rotations. We hope the event will benefit many students and is a great way to stay in touch with our soon-to-be alumni. For National Pharmacist's Month we are presenting a poster on the Affordable Care Act for a school-wide advocacy event.

We participated in some unique Service Events this semester. Sisters volunteered at the Annual Pharmacy Picnic and welcomed all incoming and transfer students to the school. At Robert Wood Johnson University Hospital's Mass Casualty Drill Event we experienced what it was like to be an inpatient during emergency situations. Other upcoming service events include the Susan G. Komen Breast Cancer Walk, Halloween Monster Mash, and the 5K Big Chill Run. We also look forward to a LKS Thanksgiving dinner reunion with alumni in the area. There are many exciting activities for the semester and we hope to have a successful year!

## TAU



Hello from Pittsburgh! The sisters of the Tau chapter are enjoying the transition to fall weather and the beautiful leaves it is bringing! It seems like this semester is flying by because of the variety of activities that we have been planning and participating in thus far. We will take a trip to a pumpkin patch soon to get in the Halloween spirit and have some time to relax and spend with our sisters! We will also have our semi-formal on October 19th as well as a tree tea sometime this month! We are definitely taking advantage of the changing season to relax and spend some time together. We are also very proud of all of the sisters who performed in song and dance show for Greek Life on campus called "Carnival"! Our show was wonderful and our funnel cake booth produced some very tasty cakes!

This semester we have really stepped up our fundraising efforts. We are continuing to sell the Mylan School of Pharmacy pens that we made, and we have several exciting new projects as well. We have been searching for yoga pants to sell with the school's crest on them for quite some time now and we have finally found them! We will be selling those through October and they are available for the whole school of pharmacy. We are also doing out traditional Sarris Candy sale and we have added an Innisbrook wrapping paper sale!

Professionally, we are participating in a very exciting event at the Courthouse downtown on



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October 25th. We will be participating in APHA-ASP's Courthouse Screening where we will be counseling on heart health and helping to take blood pressures. We are also planning on presenting a Women's Health Tri-Board this month in the student union to raise awareness about women's health issues.

## PHI



Hello from Phi Chapter at Butler University! We have been extremely busy as we started the semester. Our sisters who went to Convention this summer came back full of new ideas and excitement for the upcoming year. We held an officer retreat before classes started to discuss our plans and goals for the chapter this year. We revamped our recruitment and new member training process. Along with our traditional ice cream social and fiesta nights, we added a formal dinner to give the potential new members another opportunity to meet with current members of the chapter in a different situation. We are excited to add sixteen new members to our chapter this year! They have already had the chance to be involved through a scavenger hunt and by attending a chapter meeting. We will be holding a Sunrise Ceremony later in the month before initiation in November.

October began with a week of events for our first annual HOPE WaLKS 5K. Monday we had a give-back night at Noodles near campus which many members attended. Saturday morning we had a great turnout for our first walk! Phi Chapter is excited to be able to contribute in this way to Project HOPE and looks forward to expanding this event across campus in the years to come.

We are looking forward to a fun-filled semester with more opportunities to reach out on campus, including a presentation at a new pre-pharmacy club meeting on campus, as well as more social and philanthropy events. We wish everyone else a wonderful semester!

## ALPHA ALPHA



Greetings from the Alpha Alpha Chapter at Temple University! The semester has gotten off to a great start for our Lambs. Two of our sisters attended the LKS Convention in San Diego this past summer. They had a great time meeting alumni and sisters from other schools, and came back with many great ideas for our chapter!

The recruitment process has been very successful so far. There are about 20 potential new members who are interested in being a part of our sisterhood. We have given them insight as to whom our sisters are and what our chapter is about through recruitment events, including

an information session, icebreakers, a Phillies game, and a bowling event. In addition, we participated in the Walk for Hope to support research for breast and gynecological cancers. This was a positive bonding experience for our prospective and current sisters.

The Alpha Alpha sisters have been busy planning events for the remainder of the semester. We are very excited for the start of the orientation period for the new Lambs. Some upcoming fundraisers include bake sales and a mixer event. We are expecting these events to be successful with the support of our pharmacy school and other professional schools on campus. We are also planning on going to Shriner's Childrens Hospital around Halloween to give candy and small gifts to the patients. In addition, we will be participating in our school's Pharmacy Week, along with other school organizations at Temple University Hospital, presenting information about women's health. We are planning to continue our tradition of organizing a used clothing drive, as well as the Adopt a Family program. We are looking forward to all of our events for the remainder of the semester, and we wish a great semester for the other chapters as well!



## CHI

Greetings from your Seattle Lambs! After a fabulous annual Convention in sunny San Diego, the Chi chapter at University of Washington is excited to kick off the new academic year! We started our recruitment process with a successful orientation booth and information session while serving Seattle's favorite Italian meals from Buca di Beppo! Some of our upcoming recruitment events include Jet City Improv night, potluck dinners, and weekly study sessions. Our focus for this fall is getting to know new incoming students, while having some fun too! Sticking with tradition, we will also be hosting our usual Northwest Harvest Halloween food drive and Breast Cancer Awareness Yoplait Lid collection.

New on our agenda, the Chi chapter will be creating a co-presidency position this year as well. We will also be preparing for our events throughout the year, including our second year of our annual Women's Health Fair! We also look forward to maintaining strong ties with our international chapter, Alpha Lambda at UBC. We wish our fellow Lambs a successful and fun new school year!

## ALPHA BETA



Greetings from Alpha Beta Chapter at the University of Connecticut! After attending Convention in gorgeous San Diego, California this past summer, our chapter is more moti-

vated than ever to promote women in pharmacy! To accomplish this, we felt the need to become more organized, so we decided to plan out our entire semester's schedule at our annual officer's retreat in early September. Since then, our chapter has been off to a running start with programs!

After tons of positive feedback from last year, Alumni committee will be hosting a tailgate at UConn's homecoming football game for our current and previous sisters on October 13th! The committee is also working on the Lost Lamb program to keep in touch with our alumni sisters and reach out to those we have lost touch with. They also plan to host another delicious Mexican dinner at Chuck and Margaritas as we did last year with our alumni!

The goal of the Social committee this semester is to hold events to foster sister bonding. The committee kicked their semester off with our annual "Welcome Back BBQ" with Kappa Psi where we all had a great time and the Kappa Psi men continued to grill even in the pouring rain! Social committee plans on having both the current sisters and our potential new members come together to paint the spirit rock (and hopefully our spray paint won't freeze this time!). We also want to arrange a movie night and several pasta bar dinners before our chapter meetings.

The Fundraising committee has huge plans this semester as well! This year, we will be hosting our first HOPE WaLKS 5k at the UConn campus and we have set a goal of raising \$500 to be donated to Project HOPE. We also will hold a cookie dough fundraiser. Since Lambda Kappa Sigma gear is always a hit with our Chapter, we will be selling t-shirts as well as quarter zip sweatshirts, all of which we also hope to offer to the rest of the chapters at Convention!

This semester the Community Service committee plans to continue with past events as well as add new initiatives. Currently, the committee is selling ribbons while educating students about breast cancer in honor of Breast Cancer awareness month. The committee has decided to continue the clothing collection to be donated to Big Brother, Big Sister and also continue collecting various items for "Blessings In a Backpack" based on their monthly needs. Community Service is also working with the American Pharmacist Association - Academy of Student Pharmacists to get involved with educating the community on the risk of diabetes and how to manage already diagnosed patients. We also plan to walk in the Step Out Walk for diabetes and also a hold a presentation at various senior centers.

One of our main goals as a chapter is to make our recruitment more exciting and personalized in order to attract Lambs who will be just as committed to LKS as we all are! We have held an ice cream social, Lamb's bingo, and a pizza party all to socialize with our potential new members. As part of the recruitment process, we plan to have each new member meet with 5 current sisters separately on a lunch date, coffee break, etc. to really encourage close sister bonding in a big chapter. We also included our "brother" fraternity, Kappa Psi, in the distribution of our bids to show our new Lambs just how close our community is. This fall, we are lucky enough to be welcoming in 27 new members to our family. Alpha Beta chapter wishes all of our fellow Lambs the best of luck in your goals for this semester and lots of health and happiness!

## ALPHA ZETA



This year we started off with the excitement of 38 new sisters! Our chapter continues to grow even larger every year! Everyone was so excited to get to know our newest sisters during our New Member Orientation period. Our new Lambs participated in our school's annual variety show. They won 2nd place with their awesome dance skills and cheer on sisterhood! Sisterhood events we have planned for this fall include spending time together through intramural sports, movie nights, and our annual Christmas party.

This semester we participated and volunteered for the St. Louis Ovarian Awareness Cancer Run. We also participated in STLCOF Cares where we helped give back to the St. Louis Community. Some sisters helped with landscaping for parks throughout the city. Other sisters had the opportunity to give free blood pressure and blood sugar screenings in pharmacies throughout the city. Currently we are getting excited to help with Boo Fest, a sugar free Halloween event for children with diabetes, and sending care packages to the troops through our school. For the upcoming Holidays we will be collecting toys for the family resource center with our Angel Tree and wrapping presents for underprivileged children in St. Louis through Santa's Helpers. We are currently in the works for planning our 2nd Annual Hoops for Hopes event in January! We are hoping for an even bigger turnout than last year! Don't forget to visit our website for updates and pictures of this year's events: <http://lksalphazeta.wordpress.com>

## ALPHA ETA



The Alpha Eta Chapter at Long Island University is starting off the semester strong. We are currently welcoming 14 PNMs. So far we have shown our philanthropic side by having 2 successful bake sales - one for Project HOPE and the other for Making Strides Against Breast Cancer. We also had our "Classy Not Trashy" Dean's Hour where an Alumni sister, Princy Varghese, demonstrated what is acceptable to wear during our Pharmacy rotations and what should be avoided. PNMs were encouraged to participate as well as current LKS sisters.

We held a September birthday lunch in which we distributed birthday cards to the ones who had birthdays in September or over the summer. It was one of the first events where we were able to all get to know more about the PNMs and they were able to get to know a little more about the sisters. The most recent event we held was the Founder's Day dinner. This was a great opportunity for all of us to interact with each other in a fun and delicious way.

Coming up is the Making Strides for Breast Cancer walk in Prospect Park, which we raised money for with the bake sale as well as selling pink bracelets. We will be having another Dean's hour next week focusing on breast and ovarian cancer. We plan to hold our pinning ceremony in a few weeks and initiate the PNMs in January. We hope to have more successful events this semester. Our main goal so far is to bond with the new girls and to make their initiation process an enjoyable one. We plan to continue to hold meetings among the board members and improve our communication. Finally, we plan to strengthen our sisterhood within our chapter and hopefully other chapters as well.

## ALPHA THETA



Greetings from Alpha Theta Chapter in Buffalo, NY! Our recruitment agenda was more exciting than ever this fall! In addition to our beloved PB&J Food Drive and bonfire, we added a hiking trip to Niagara Falls and a beach barbecue to start off the year. We were able to welcome 21 wonderful new member candidates to our chapter!

We hosted a fundraiser at our local Friendly's restaurant and raised almost \$100! There are more fundraisers to come such as our annual Yankee candle sale, caramel/chocolate apple sale, and a white coat clipboard sale too! We are continuing our service to the local community through our blood pressure wellness clinics and helping out with the Thanksgiving dinner for the seniors at a nearby retirement community. In the midst of exams, we remembered to have fun and relax for a night of bowling and sushi! We hope all our sisters are having a successful semester!

## ALPHA IOTA



Greetings from Alpha Iota Chapter at Ferris State University! We have had a wonderful start to our fall semester with several rush events, including an informational luncheon, ice cream social, and more. These rush events allowed potential new members to learn more about our active girls and the Fraternity. As a result, eleven beautiful women will be joining our chapter this semester. On October 12 we had our Homecoming dance where all of the sisters of Alpha Iota chapter were able to spend quality time together. In addition, on October 14 we celebrated Founder's Day as a chapter and had a wonderful evening. This semester, Alpha Iota chapter will be participating in much volunteer work throughout the Big Rapids community. We are continuing to raise money for Project HOPE by selling coffee and snacks in the lounge of the College of Pharmacy. We are also beginning to plan our annual College of Pharmacy Chili Cook-Off to raise additional money for Project HOPE in the spring. Alpha Iota sisters continue to volunteer at Metron, the local nursing home, where they spend time with elderly patients. Also, our girls are continuing to participate in volunteering at the county recycling center as well as the campus-sponsored Safe-Ride program on weekends. We look forward to welcoming our new sisters this semester with our many planned sisterhood events. Best wishes to all the other chapters and we hope that everyone has a wonderful rest of the semester!

## ALPHA KAPPA



Greetings from Athens! The sisters of Alpha Kappa are off to a very busy start this semester with recruitment and community service. This year we had one of the best recruitments yet! Our activities included annual scavenger hunt around the University of Georgia campus, an awesome 80's aerobics class, and laid-back pizza night where the prospective members had a chance to get to know our sisters. Our baby Lambs also found out who their big sisters were this week. It was an evening full of laughter and sisterhood that will not be soon forgotten. We are also very excited to initiate our 26 new Lambs later in October.

Alpha Kappa has recently reorganized our focus so that community service is now the cornerstone of our chapter. Our sisters participate in a variety of events: nursing home bingo, volunteering with "Help Athens Homeless," decorating holiday cards for the elderly, collecting paper goods for nursing homes, and more recently organizing an item collection competition among the many Greek organizations on campus to benefit the Mercy Clinic and Food Bank of Northeast Georgia! Our primary fall project is a local half marathon, "In Their Shoes." This is a 13.1 mile walk or run that raises money for the Loren Smith Cancer Center at a local hospital. The goal is to raise money and awareness about breast cancer. This year we raised over \$5,000 to donate to this worthy cause! We also had a "race station" where the sisters dressed up to not only cheer on the runners and walkers, but also to pass out water and race snacks. We could not be more honored to be a part of this huge community event.

All of our events and fun would not be possible without the hard work of all of our officers and our faculty advisors. We would like to



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thank each and every one of them for all of their guidance and hard work to make our chapter a successful organization. We look forward to having a wonderful year at the University of Georgia.

## ALPHA LAMBDA



Greetings from the Alpha Lambda Chapter at the University of British Columbia! Last semester went very well, with a successful Manufacturers' Night, educational talks about ovarian cancer, and a variety of social events. We had an amazing start to the new semester and are excited about the upcoming events! We had great success with our recruitment events, an ice cream social to meet potential members and a dinner with interactive games to get to know them better, and are looking forward to welcoming our new members with Initiation. We are excited about our upcoming fundraising events, including our Halloween Goblin Sale and CPR certification courses. We wish everyone a wonderful semester.

## ALPHA MU



Hello from the Alpha Mu Chapter from the University of Toledo! This fall semester is off to a great start! Plenty of new Lambies are eagerly waiting to become active members. They are excited to find out who their "Bigs" are during upcoming Big/Little week. In order to get to know these new members a little bit better we are having a fun-filled LKS weekend, with games, yummy food, and a slumber party! Many new service projects have started this semester. These include volunteering at the Ronald McDonald House, also collecting can tabs for them, assisting local Girl Scout troops to earn a first aid badge, and continuing to volunteer at the Cherry Street Mission, a women's shelter in Toledo. Along with our brother fraternity, Kappa Psi, we are working hard at raising money for our Relay For Life team. As October is National Pharmacists month, we have been participating in pharmacy fairs on both of our campuses, and educating people about pill safety. There are also a couple of social events that our chapter is looking forward to this semester! Coming up quickly is the Kappa Psi Halloween Party, and soon after that is our Fall Formal that is coordinated by students involved in many pharmacy organizations. Good luck to everyone with the rest of fall semester!

## ALPHA NU



Greetings from the Alpha Nu chapter at the University of Kentucky College of Pharmacy! We started the year with a busy and successful recruitment week and were excited to welcome 29 new members to our chapter. Recruitment events included a cookout at a local park, a bowling night, a pizza dinner at a popular campus pub, and a luau-themed party co-hosted with the brothers of Kappa Psi. We recently had "Big/Little" week, during which each "Little" sister received gifts from her "Big" sister, including a water bottle, a decorated clipboard, and a picture frame. On "Big/Little" reveal night, each "Little" sister was assigned an OTC medication generic name and found out who her "Big" sister was by correctly identifying the older member who had the corresponding brand medication name. Everyone had fun with this pharmacy twist on the "Big/Little" reveal!

In addition to strengthening sister bonds through events such as "Big/Little" week, one of the goals that our chapter had for this year was to provide more professional development and community service opportunities to our members. We are pleased to say that we are following through with this goal and have already held multiple professional programs that have not only benefited our chapter, but also the Lexington community. In September, we held an informational session for our chapter about residencies. This session was lead by Dr. Katie Long, a Class of 2011 graduate of the UK College of Pharmacy, LKS Alpha Nu alumnus, and current PGY2 Hematology/Oncology resident at UK HealthCare. The session was very helpful and informative for sisters interested in pursuing a residency. At an upcoming chapter meeting, we will also be holding an informational session for Violence Intervention and Prevention Training geared towards healthcare professionals. This year we also wanted to focus more on women's health issues by presenting ovarian cancer education to UK undergraduate sorority chapters. So far we have presented to 90 women, have plans to present to 130 more women in November, and will continue presentations throughout the Spring semester.

Community service opportunities for our members this year include presenting ovarian cancer education, and free health screenings in the Lexington community. Alpha Nu members volunteered at the God's Table dinner for the homeless by providing blood pressure screenings to ~25 people who attended. This program also assisted in the enrollment of individuals who were applying for the winter overnight shelter program entitled A Room at the Inn, as all people entering the program must be screened. We are excited to continue to regularly offer screenings at future God's Table and A Room at the Inn events.

As we look forward to the remainder of the school year, we are excited to initiate our new members at the end of October, have our potluck Thanksgiving dinner in November, and host Mistletoe Mingle in January, our annual inter-professional semi-formal dance that gives students in all of the UK health professions colleges an opportunity to interact and enjoy the holiday season together. The Alpha Nu chapter is looking forward to a fantastic year

and is wishing you all the best of luck with your endeavors!

## ALPHA XI



The sisters of the Alpha Xi Chapter started off the school year by congratulating Jessica Chu, Shayal Deo, Tiffany Huang, NhuAnh Le, Yvi Le, and Clare Park on becoming first year students at the Thomas J. Long School of Pharmacy and Health Sciences. After celebrating their accomplishment, the sisters jumped into preparing for the upcoming school year.

Within the first few weeks of the school year, the sisters of LKS took part in the Welcome Back barbecue, the PFC barbecue, and the Student Activity Fair, where the sisters were able to meet a lot of new faces and inform them about our Fraternity. In addition, the sisters hosted their first pre-recruitment event, Root Beer Float Social, where everyone enjoyed the delicious ice cream floats, while the sisters and potentials mingled with one another.

We also held our annual fall fundraising week, where we sold TJL School of Pharmacy t-shirts and candy grams. The sisters were able to sell so many candy grams, that even if you wanted to, you couldn't count the amount on your fingers. This meant for a lot of time spent stuffing the candy grams, but it was a great way to bond with our fellow sisters. Shortly after our fundraising week, the sisters held their annual Black and White Affair on October 12. Both undergrad and graduate students danced the night away; and were also able to take pictures at our photo booth with fun props, such as mustaches and bow ties. The pharmacy students especially enjoyed the dance, which was a great way for them to relax after their week of grueling midterms. As the school year continues, we have many wonderful events planned. This upcoming week, on October 16 we are hosting our second pre-recruitment event. We're also holding a flu clinic in conjunction with Walgreen's on October 20th, so we're all really excited for what the rest of the school year has to bring!

## ALPHA OMICRON



Greetings from the LKS sisters of the Alpha Omicron Chapter at the West Virginia University School of Pharmacy! We are looking forward to a year full of service, friendship, and fun. Whether raising money for a charity event or taking a social trip with all our sisters, the Lambs at WVU know how to have a good time!

In the spring of 2012, Lambda Kappa Sigma teamed up with the entire WVU School of Pharmacy to participate in Relay for Life. To help raise money for the cause, LKS sponsored two Vera Bradley Bingo events. In addition to the bingo events and each student individually raising money, the School of Pharmacy also designed and sold team t-shirts. Overall, WVU raised over \$93,300 for the Morgantown Relay

event. LKS and the School of Pharmacy made a great contribution and achieved "Topaz Team" honors by raising over \$5,500. Over 200 pharmacy students donated money or attended the actual event. Other spring events included making Easter baskets for the WVU Children's Hospital and making dinner for the WVU Hospitals' Rosenbaum House residents.

This summer, Alpha Omicron sent 5 sisters to sunny San Diego, CA for Annual Convention. The attendees participated in the chapter poster presentation and the HOPE waLKS 5K event. While there, the girls were able to meet Lambs from all over the nation, expand their networks, and develop new ideas to bring back home.

This fall semester already started with a bang! First, we held our annual officer retreat to brainstorm, establish chapter goals, and outline future projects. Increasing the Lamb population on campus was a major focus! Alpha Omicron always looks to include community service into our recruitment events; we held two social plus community service events to allow potential new members to become involved. One included making dog chew toys out of old blue jeans for a local animal shelter while we played board games and watched movies. Another included making blankets for Project Linus and serving tacos in a bag. We also presented a chapter poster at the Student Organization Fair, held interest and orientation meetings, and created a bulletin board that focused on LKS core values to promote our chapter. On October 14th, Alpha Omicron combined Founder's Day and Initiation for a great celebration. We dined and socialized and welcomed 18 new members—a greater than 10% increase in new members!

Other projects completed this semester include focusing on women's health at a local mall health expo and presenting a poster on osteoporosis. We created and raised money for our own team and participated in the Morgantown Making Strides for Breast Cancer Walk. Our chapter raised over \$200 for Project HOPE by holding bake sales on campus. To fundraise for our chapter, our Lambs designed and sold pharmacy t-shirts for students to wear to WVU football games, raising over \$800. Upcoming fall projects include making dinner for the West Virginia Family Grief Center and cooking again for the Rosenbaum House residents. We are also excited to make a trip to Kennywood Amusement Park in Pittsburgh, PA for a Halloween Fright Night experience.

As you can see, the Alpha Omicron Lambs are hard at work and will continue to serve our community while strengthening our sisterhood. We look forward to welcoming our new sisters into the Fraternity and can't wait for what the rest of the fall has in store. We wish all other chapters a very successful year!

#### ALPHA PI



Greetings from the Sisters of the Alpha Pi Chapter! This summer, several of our sisters attended the convention in San Diego, CA. Upon their return to New York, they told us how inspired they were and brought back many new ideas.

For this semester, we have planned many exciting events. We started off the school year

with a "Step Out for Diabetes" bake sale, where we worked with one of our sisters and her coworkers to fundraise for diabetes awareness. We also participated in our school's University Service Day, in which several sisters traveled to the St. Francis of Assisi School in Brooklyn to decorate the school building. We also hosted a professionalism workshop in which an alumni sister/faculty member discussed the importance and aspects of professionalism in health care.

For this semester, we have a celebration planned for Founder's Day and several bake sales to fundraise for Project HOPE and American Cancer Society's Relay for Life. This year, we have a large number of sisters who will be receiving their white coats as a symbol of entering their first professional year. We also look forward to participating in an annual school event called "Healthy Halloween," in which we teach children the importance of personal and proper hygiene. We have also planned a Movie Day, in which the collegiate chapter collaborates with a local movie theatre, as a way to relieve stress from midterms and finals.

In addition, we are in the midst of planning a Letter-Making Day and a domestic violence/self-defense lecture. This past semester, we became a national fundraising team for Relay for Life by raising over \$12,000. In hopes to surpass our goal and to do even better, we plan to start fundraising earlier by hosting more bake sales, auctions, and reaching out to corporations for help. We look forward to a busy but exciting semester. Alpha Pi sends our Lambs' love to sisters everywhere!

#### ALPHA RHO

Fall greetings from the Alpha Rho Chapter at Northeastern University! This semester has shown to be a promising start for the new year. The sisters have done a commendable job in promoting the Fraternity on campus as well as in the Boston area with various events, and have welcomed a strong recruitment group. During the second week of September, a group of sisters volunteered at Rosie's Place, a refuge for homeless and poor women. There, the sisters assisted other volunteers in preparing and serving a full dinner to the women. It was a great opportunity to not only bond with the sisters, but also allowed us to lend a hand in the local community right near our campus. Additionally, on October 13th, a group of our sisters joined various other groups and participated in the Make Strides against Breast Cancer Walk. It was great to get together for a cause that affects many women.

We have a number of events and projects coming up. Currently, we are preparing for our university's annual Health Fair. There, the sisters will be hosting a table on herbals and vitamins. With the bitter, cold season already seeping its way into Boston, we hope this table will help educate others on how to stay healthy and to prevent others from falling sick. To further our knowledge on the profession of pharmacy, we plan to shadow our advisor, Dr. Deb Reid at her hospital. Furthermore, we plan to show a "50/50" video along with a professor's lecture to enhance our knowledge on spinal cancer.

Throughout these events, the newly recruited group has shown enthusiasm and commitment to the Fraternity. Through social events including sleepovers, potluck dinners, and mocktails the bonds among our sisters have strengthened. We hope to continue to make this year a fun, and successful one! We wish all the sisters a prosperous year!

#### ALPHA PHI



Greetings friends from Wilkes-Barre, PA! Here are the latest updates as to what our chapter will be getting into this year. First, we are continuing to celebrate our achievement as the 2nd runner up Chapter of the Year! We are also pleased to announce that we have one of our biggest orientee classes yet, 20 students! These star students will be a great addition to our chapter and they already have brought much enthusiasm to our group.

This semester, Alpha Phi has been and will continue to stay busy. We have just completed a fundraiser called "Lupus Loop" to raise money and awareness for the disease. We are also set to participate in our yearly "Alcohol Awareness Walk." Alpha Phi continues to work with faculty and other organizations to prepare backpacks for the homeless. The backpack project fills book bags with basic necessities that we often take for granted, such as soap, shampoo, razors and toothbrushes. This is a very successful project and we are excited to be involved. In addition to our yearly fundraisers, we are also doing something new. Alpha Phi will be volunteering at the local Ronald McDonald House, to provide relief to parents whose children are fighting serious illnesses. Wilkes LKS has never done this before and we are eager to start this endeavour. Alpha Phi, however, still knows how to have fun and we are eagerly planning our get to together at Camp Kresge. This is a great way for us to bond with each other and the new orientees. We will also be ending our year with our annual spring banquet. A busy year has definitely begun, but we can't wait!

#### ALPHA CHI



Fall Greetings from the Alpha Chi Chapter at Northeastern Ohio Medical University! Last spring, our HOPE waLKS event was very successful and we managed to meet our goal of raising \$1500 for Project HOPE. This fall, we have been busy with many community outreach programs. We participated in blood pressure screenings at the Canfield Fair and we have begun a partnership with a free clinic in the Akron, Ohio area. We are also working to sponsor and organize our school's annual business etiquette dinner fashion show where models in several categories of professional dress teach students the do's and don'ts of professional attire. This is always an exciting and popular event for our school. Alpha Chi is also continuing our Lunch TaLKS speaker series where we focus on work/life balance and women's health issues.



# ALUMNI CHAPTER REPORTS



## ALPHA ALUMNI



Marianne McFerran, Elicia Fauvel,  
Adina Muler (Gemina Klein not pictured)

99 Years and Counting... It's begun; the official countdown to Alpha Chapter and the Fraternity's Centennial Celebration. Over the past few months, members of the Alumni Chapter have been working closely with our Collegiate Members to fundraise over \$10,000 to put the sparkle into the Celebration and to invite you Home to Boston. Official Clam bakes, tours of our historic town and Massachusetts College of Pharmacy, home to where it all began, are currently being planned by your Host Chapter to give you the best Convention in LKS' history. Although, there will be NO blood, there will be sweat and tears put into making July 25-27th, 2013 a moment in history for all members of Lambda Kappa Sigma. Alpha Chapter just celebrated its 99th year with our annual Founders Day Celebration; Alumni Vice President, Allesandra Baron, a clinical pharmacist for JE Pierce Apothecary, was the featured speaker. Ally shared her career path, how she balances work, association involvement and her life as a new mom. Members in attendance all had their 'casting call' in the making of the official Centennial Invitation Video. Pay close attention to our opening scenes, filmed in front of the fireplace of White Hall, the original location of the first convention group photo taken at MCPHS.

Members of Alpha Alumni were recognized by CVS Caremark this past September in our Nation's Capital for winning their District's Paragon Award. CVS recognizes the company's best and brightest with the CVS Caremark Paragon Award. This award, the highest honor a colleague can achieve within the company, is reserved for those who make remarkable contributions on their job or in their community. These outstanding "Paragons" understand what CVS Caremark stands for as a company and how their efforts each day help people on their path to better health. They lead by example, forging strong bonds with their customers, their colleagues and the communities they serve. They strive for excellence and inspire others to do the same. Alpha Chapter is proud to recognize both Gemina Klein and Marianne McFerran as District Winners, and Elicia Fauvel as her District and Regional Winner. Alumni member Adina Goodman, Pharmacy Supervisor, also participated in this meeting.

See you soon when you come home to Boston!!

## ALPHA BETA ALUMNI

The Alpha Beta Alumni Chapter is starting off our second year as an active chapter in full force! We are very proud to have come in as 1st runner up for Alumni Chapter of the Year after only being active for one year! We are working very closely with our collegiate chapter on many great events, including reconnecting and barbequing with our fellow Lambs at the Annual UCONN Homecoming Football Game in October. We are in the midst of organizing a professional workshop for our collegiate chapter this fall semester, and are exploring unique opportunities to include our Alumni across the country using technology such as video conferencing. We also hope to participate in our collegiate chapter's first Annual HOPE WaLKS 5K Walk, to raise money for our philanthropy, Project HOPE. We are proud to share that Lauren Aleksunes, Alumni and former Alpha Beta Chapter fraternity advisor, has been selected by the University of Connecticut for the GOLD (Graduate of the Last Decade) award. This is a huge accomplishment and we are very proud of Lauren. Finally, we look forward to reuniting with our fellow Alumni and Collegiates at the Centennial in Boston!

## EPSILON ALUMNI

Wow! The 2012 Convention in San Diego was fabulous for the Epsilon chapters! Dixie Leikach was recognized as the Distinguished Service Citation recipient, Jenny Brandt was installed as the 2012-2014 Grand President and BOTH the alumni and collegiate chapters were recognized as the Outstanding Chapters of the Year! These accomplishments are going to be hard to match for next year. The awards are a reflection of decades of hard work and some ups and downs. The past chapter members should all feel proud that we each had a role to play in the recognition received this year.

Next year in Boston we will celebrate the 100th anniversary of the founding of LKS. The meeting schedule will be shortened so that we can enjoy a little of the city while we are there or make it even possible to attend the convention with your work schedule. Either way, we encourage you to join us next year. This year we had a record number of four alumni members and four collegiate members. It was wonderful to have such a representation from the Epsilon chapters. Wouldn't it be great to have even more next summer? Watch lks.org for details, as we get closer but save the dates - July 25-27, 2013 at the Sheraton Hotel in Boston. This is an event NOT to be missed!

## PHI ALUMNI

Phi Alumni have not had any formal meetings. We have participated with the Collegiate chapter activities. Patti Lozano participated in the Collegiate first HOPE WaLKS on the Butler University campus. Karen Roberts, Petra Fippen and Marcia Harms attended the Founder's Day gathering with the Collegiate chapter on October 15, 2012 at the Butler campus. The Alumni chapter is planning an evening together at the home of Karen Roberts in November.

## TAU ALUMNI



The Tau Alums are enjoying the season as the leaves are changing colors and the weather is becoming cooler. Fall is a beautiful time of year in the East. Over the summer, our newest alumni member, Stephanie Mrozek, graciously served as our delegate at the 2012 Annual Convention held in San Diego. Stephanie has also taken on the position of Regional Supervisor of the Central Region - Go Steph! We are very proud of her and know that she will excel in this role.

We concluded the summer by preparing for our annual fund-raiser, which is a raffle ticket sale for the grand prize of a \$500 Nordstrom gift card. We look forward to drawing the winning ticket at our upcoming November meeting. Get ready... get set... shop!

The Alums are in the process of collecting collegiate applications for the Manzione Scholarship Award. We have many collegiates that are deserving of this award, so it is always a difficult process for us, but yet a rewarding one, as it affords us the opportunity to learn much more about our collegiate members. We plan to present this award at our upcoming Alumni/Collegiate Christmas Party that will be held on Duquesne University's campus. Lastly, Berni Heron was honored (and surprised) when she was presented with the Ruth Davies Flaherty Service Award by her fellow alums at their October meeting.

The Tau Alums hope that you and your families have a fantastic end to 2012 as well as a great beginning to 2013!

## CHI ALUMNI

Chi Alumni honored and celebrated the Chi Collegiate graduating seniors in May at the Senior Spring Dinner at Jean McLaughlan's home. Scholarships were awarded to Amanda DeJong and Tope Osuyemi at this event also. Amanda published an article in "Washington Pharmacy" magazine on PPIs. Susan Lakey wrote an article for University House's newsletter "Highlights" on Medication Safety for seniors who take multiple prescriptions. (University House is where Bob and Pat Tanac live). Alumni helped out at the 2nd annual Women's Health Fair at the University of Washington.

Nancy Horst was the delegate to the Convention in San Diego, and was elected Chair of the Trust Liaison Committee. She also was recognized at Providence Regional Medical Center Everett for 50 years of service! (Nancy started there right after graduation from pharmacy school in 1962, and still works part time.)



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## SCHEDULE OF DEADLINES & UPCOMING EVENTS

**December 2-6** ASHP Midyear meeting in Las Vegas NV – come see the LKS Booth – Member Reception Dec 3

**December 15** proposed bylaws amendments deadline

**Jan 15** Educational Grant recipient announcement

**Feb 15** Blue & Gold Triangle chapter & alumni reports/articles deadline

**March 1-5** APhA Annual Meeting – come see the LKS Booth – Member Reception March 2

**March 15** Hygeia Day celebrated with the presentation of a professional program open to the public

**April 1** Alumni dues payment deadline

**April 15** Chapter & Alumni financial obligations: initiation fees, MMIS Forms, updated Officer Roster, Annual Financial Report, and Annual History Report (for consideration for chapter awards) deadline

**April 30** Awards nomination: Vanguard Award, Distinguished Young Pharmacist, Award of Merit, Distinguished Service Citation and Advisor's Award deadline

**May 15** Convention Delegate Credentials deadline

**June 30** Convention early-bird registration deadline

**July 25-28** Centennial Celebration Convention, Boston